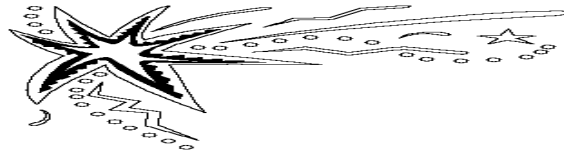


Anxiety Control Center  
(856) 751-9446



## *Workshop: Create Calm in Your Life*

*Presented by Tish Schuman, LPC, CMH, NCC*

Are you between the ages of 15 and 19 and tired of the anxious feelings that seem to control your life? Do you freeze when taking a test even though you have studied the material? Does fear ever stop you from doing things? Do you ever feel overwhelmed and don't know where to turn? If so, then this workshop is for you!

This interactive workshop will let you experience a fun, quick way to begin to get back control of your life. In this workshop, you will learn to:

- **Get into a calm state at will**
- **Change unwanted automatic reactions**
- **Let go of upsetting emotions that cause tension**
- **Stop fearful thoughts in their tracks**
- **Use self-hypnotic exercises for instant calm**
- **Stop the stress and anxiety created by your own thoughts**
- **Take tests in the best state of mind for success**
- **Access hidden potential**

This workshop will start you on the path to calm and relaxation. You will learn how powerful your mind really is and how to use it to your advantage. Work done in these sessions is the beginning of a process of freeing you up to move towards your goals in a relaxed, focused manner. As a bonus, you may find that you get rid of procrastination and are more mentally focused.

There will be a free preview workshop on Tuesday, June 30, 2009 to meet me and have your questions answered. As a bonus, I will teach you an easy to learn technique called "60 Seconds to Stress Relief" so everyone goes home with hope for change. Call 856.751.9446 to register.

Dates: July 8, 15, 27                      Time: 6:30 pm to 8:30 pm

Location: Cherry Hill Area              Cost: \$175.00

For more information, visit our website at: [www.anxietycontrolcenter.com](http://www.anxietycontrolcenter.com)

*Since 1985, therapists from the Anxiety Control Center have been helping people make life altering changes using their innovative treatment. They have adapted the most effective techniques from NLP & Hypnosis, making panic, anxiety, migraines and IBS a thing of the past.*